

freely among the woollens or furs; bits of cloth wet with turpentine is good. For sprinkling, an ounce each of gum camphor and the powdered shells of red pepper are macerated for eight days in strong alcohol, sufficient to well cover them; eight ounces will be enough; strain. With this tincture sprinkle the furs and woollens well and roll up in sheets. The very best way is to carefully shake, sun and whip the articles to be sure no eggs are in them; then sew up in cotton or linen wrappings so there will be no place of entrance for the mother moth; in each bundle or garment a piece of gum camphor, tied in a bit of muslin should be rolled with the garment. The gum will evaporate, and must be renewed. Furs or woollens put away before the moth eggs are laid—about the middle of April, shut closely in boxes, or bundles where moths can not enter, are perfectly safe. Moths lay their eggs twice a year—in May and in August. Mixed spices may be put into the boxes or bundles, as moths do not like such things. It is the hatched egg, the larva, which does the damage; the moth does nothing but lay the egg where, on hatching, it will find suitable food.

For the Toilet

We learn from the honest "beauty doctor" that good looks are far more a matter of good digestion than of creams, emollients and lotions. One can not have a good complexion and a poor digestion at the same time. It is probable that the greatest majority of cases of so-called biliousness, which result in a muddy complexion, bad breath and bad taste in the mouth, is in fact nothing but an attack of dyspepsia, and the liver has nothing to do with it. As we

HARD TO DROP But Many Drop It

A young California wife talks about coffee:

"It was hard to drop Mocha and Java and give Postum a trial, but my nerves were so shattered that I was a nervous wreck and of course that means all kinds of ills.

"At first I thought bicycle riding caused it and gave it up, but my condition remained unchanged. I did not want to acknowledge coffee caused the trouble for I was very fond of it.

"About that time a friend came to live with us, and I noticed that after he had been with us a week he would not drink his coffee any more. I asked him the reason. He replied, 'I have not had a headache since I left off drinking coffee, some months ago, till last week, when I began again, here at your table. I don't see how anyone can like coffee, anyway, after drinking Postum!'

"I said nothing, but at once ordered a package of Postum. That was five months ago, and we have drank no coffee since, except on two occasions when we had company, and the result each time was that my husband could not sleep, but lay awake and tossed and talked half the night. We were convinced that coffee caused his suffering, so he returned to Postum, convinced that the coffee was an enemy, instead of a friend, and he is troubled no more by insomnia.

"I, myself, have gained 8 pounds in weight, and my nerves have ceased to quiver. It seems so easy now to quit the old coffee that caused our aches and ails and take up Postum." Name given by Postum Co., Battle Creek, Mich.

Read the little book, "The Road to Wellville," in pkgs. "There's a reason."

Ever read the above letter? A new one appears from time to time. They are genuine, true, and full of human interest.

all know, if food is taken into the stomach and not properly cared for, it undergoes putrefaction; it is the absorption of these germs of putrefaction by the blood which gives rise to the familiar phenomena of biliousness, and because the poison is generated and exerts its influence in the same body, the process is called auto-infection—self-poisoning. The presence of these germs of putrefaction in the blood is usually the cause of the bad taste in the mouth, muddy complexion and bad breath, the presence of bile not being necessary to the productions of such disorders.

Much can be done to remedy this condition by regulating the diet and keeping the bowels open. To be beautiful, one must be healthy, and to be healthy, care must be taken to eat only what the stomach can take care of, both in quantity and quality, with regular exercise, deep breathing of fresh, pure air, cleanliness of the body, inside and out, right thinking and right attitude toward our neighbors. We, each of us, have a "personal idiosyncrasy," and each one must study her own peculiarity if she expects to secure a dietary which will agree with her.

A good tonic for dry hair consists of one ounce of spirits of rosemary, one dram each of glycerine and borax, two drams of cantharides vinegar and five ounces of rosewater. Shake well before using, and apply to the roots of the hair two or three times a week, massaging the scalp afterwards with the tips of the fingers.

Requested Recipes

Cream Almond Cake—One cup of butter, two cups of sugar, one cup of sweet milk, one cup of corn starch, two cups of flour, two level teaspoonfuls of good baking powder, five whites of eggs and half teaspoonful of extract of almond. Cream the butter, gradually adding the sugar and almond extract; sift the flour, baking powder and corn starch together several times, and add alternately with the milk, to the first mixture; beat the whites of eggs until stiff, add to the batter and beat vigorously. Divide the batter into two parts, and bake into two loaves.

Carrots require three hours' boiling; parsnips, from half to three quarters of an hour; lima beans, half an hour; artichokes, two to three hours; winter squash, probably an hour; hominy, five hours; rice, twenty minutes.

"Calf's liver" and Bacon—Cut the liver in thin slices, season to taste; sprinkle with flour and fry brown in hot fat, cooking thoroughly that the inside of slices may be done, but do not crisp or scorch. Very thin slices of sweet bacon fried with the liver adds to its flavor. See that you get calf's liver, as the grown animal's liver is apt to be tough and fry up hard.

Bean Soup with Beef—One quart of dry beans (navy is best), soaked over night, and put to cook as early as possible in the morning, two and one-half pounds of lean fresh beef cut up, and one-half pound of bacon. The meat must be cooked separately, breaking up any bones and boiling until done, then straining and adding to the parboiled beans. When the beans and broth are put to boil, add half a tablespoonful of celery seeds. Season with salt and pepper. For the beans, use three quarts of water, as they swell when first put over the fire; but strain off this water before adding the broth. A bit of soda the size of a pea will make the beans cook quicker.

Helps for the Housewife

For disinfecting the sick room, take half a cupful of common salt, and two or three ounces of sulphuric acid. Upon the salt pour one-half

ounce of the acid and stir; every fifteen minutes repeat this until all the acid is used. Tainted meats, fish or other stuffs can be purified by being confined in a tight box with salt and sulphuric acid. All effluvia of an animal nature can be removed from a room by burning pulverized coffee upon a fire shovel.

To clean straw matting, use a cloth wet in clean salty water, washing until clean, but wetting no more than necessary, then wiping dry at once. Do only a small space at one time, drying as it is washed, until the whole has been gone over.

For cleaning the carpet, after beating to remove or loosen the dirt, lay on grass or smooth floor and sweep carefully; then scour with ox-gall, using one pint of the gall to three gallons of water, which should be enough for a large carpet.

For cleaning furniture, a mixture of three parts linseed oil and one of turpentine, well shaken, is recommended; use only a very little at one time, rubbing well and polishing with a dry cloth until all the oil is rubbed into the wood, or removed. Use a woolen rag. This is claimed not only to cover scratches and disfigured parts, but restores the wood to its natural color and gives it a fine luster.

For a scouring soap which can be used either as a soft soap, or cooked long enough to be made into bars, melt two bars of any good laundry

soap together with one pint of fine sand, one-fourth of a pound of good slacked lime and a package of baking soda (supposed to be a pound package, but sender does not state quantity.) Stir all ingredients well together while hot. If hard soap is wanted, let cook for a short time.

For Laundry

For a good washing fluid, use one can of concentrated lye, five cents worth of salts of tartar, and five cents worth of salts of ammonia; put these in a vessel and pour over them one gallon of boiling water, stirring until dissolved. Then add two gallons of cold water. For use, one teacupful of the fluid to the boilerful of water. Make the fluid out of doors.

White silk, whether handkerchief, garment or embroidery, should be washed in cold water and castile soap, and when nearly dry, iron with a warm (not hot) flatiron. Treated thus, it will retain its pure lustrous, silvery whiteness without a tinge of yellow.

Remember that pressing is not ironing. The iron should be hot enough to remove the creases, and should be passed very slowly over the goods, or held where it needs fulling in. The goods must be kept smooth, and after all has been gone over, hang the garment up so that the steam may dry off before putting away.

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